



Smoked Mullet Spread



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



36

CALORIES



54 kcal

CONDIMENT

DIP

SPREAD

Ingredients



24 ounce whipped cream cheese softened



5 ounce hot sauce sweet



1 large mullet smoked whole

Equipment

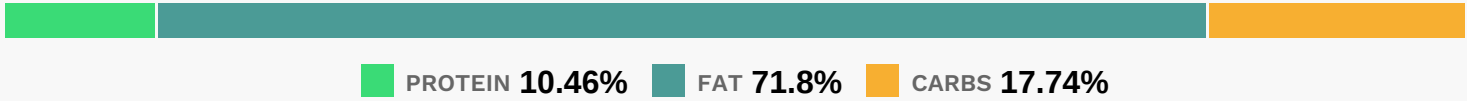


mixing bowl

Directions

- ☐
- Pick the meat off of bones, discard any dark meat (it has a nasty flavor), and make sure you chop the meat up fine afterwards.
- ☐
- In a small mixing bowl combine the meat, cream cheese and hot sauce. Mash the mixture well. Refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:1.1726087009453%

Nutrients (% of daily need)

Calories: 53.88kcal (2.69%), Fat: 4.37g (6.73%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.56g (1.74%), Cholesterol: 16.41mg (5.47%), Sodium: 108.29mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin C: 3mg (3.63%), Vitamin A: 140.97IU (2.82%), Phosphorus: 26.46mg (2.65%), Selenium: 1.79µg (2.55%), Calcium: 21.11mg (2.11%), Vitamin B6: 0.03mg (1.58%), Potassium: 48.33mg (1.38%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.11%), Vitamin B12: 0.06µg (1.07%)